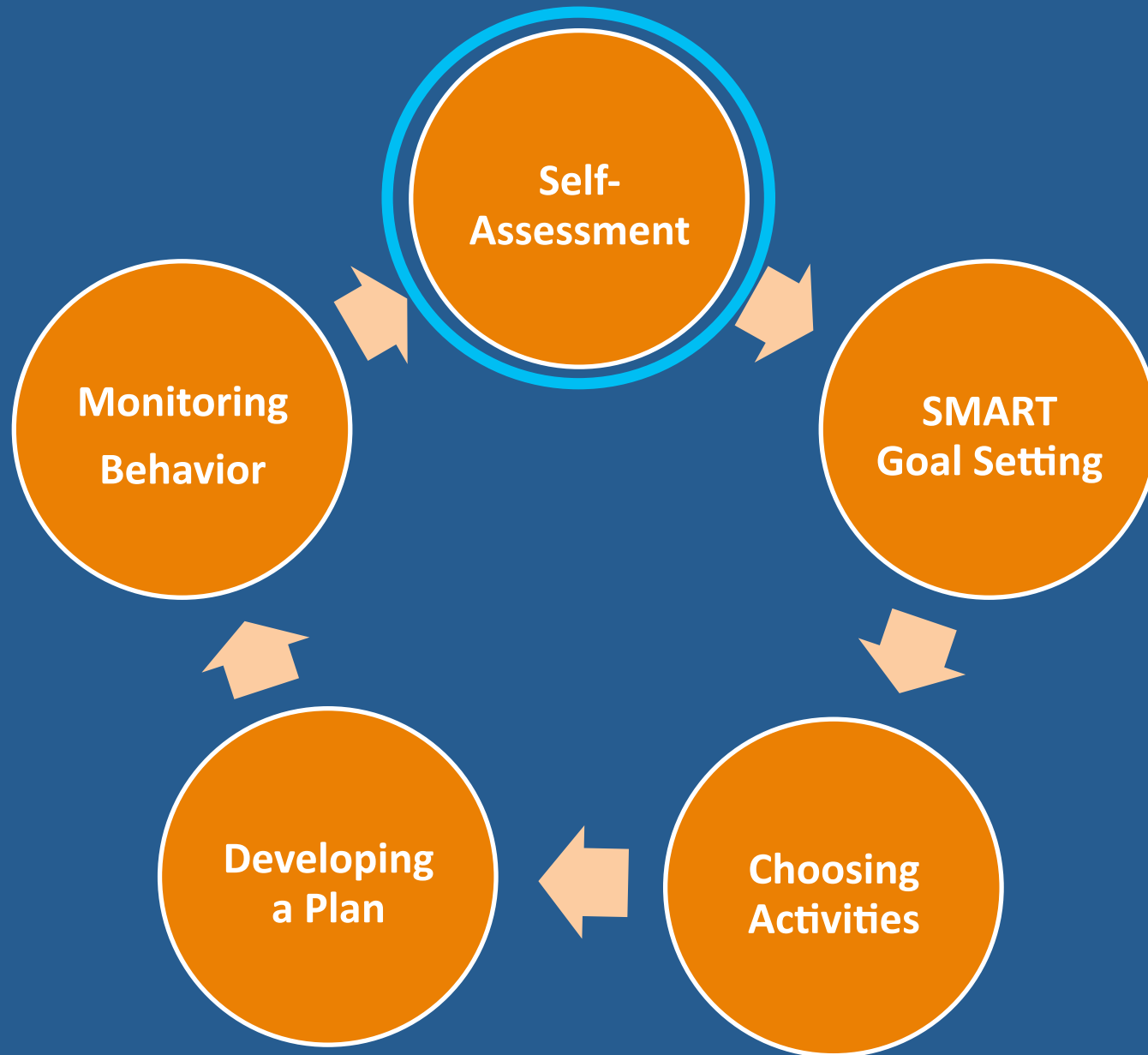


Developing

**PHYSICAL LITERACY** in

Secondary PE

# PERSONAL PROGRAM PLANNING



# SELF-ASSESSMENT



fitday.com

# SELF-ASSESSMENT



# CRITERION-REFERENCED STANDARDS

High Performance

Healthy Fitness Zone

Needs Improvement

# STAGES OF CHANGE



**Sedentary**  
I'm inactive,  
and I plan to  
stay that way.



**Inactive thinker**  
I'm inactive, but  
I'm thinking about  
becoming active.



**Planner**  
I'm taking steps to  
start to be active.



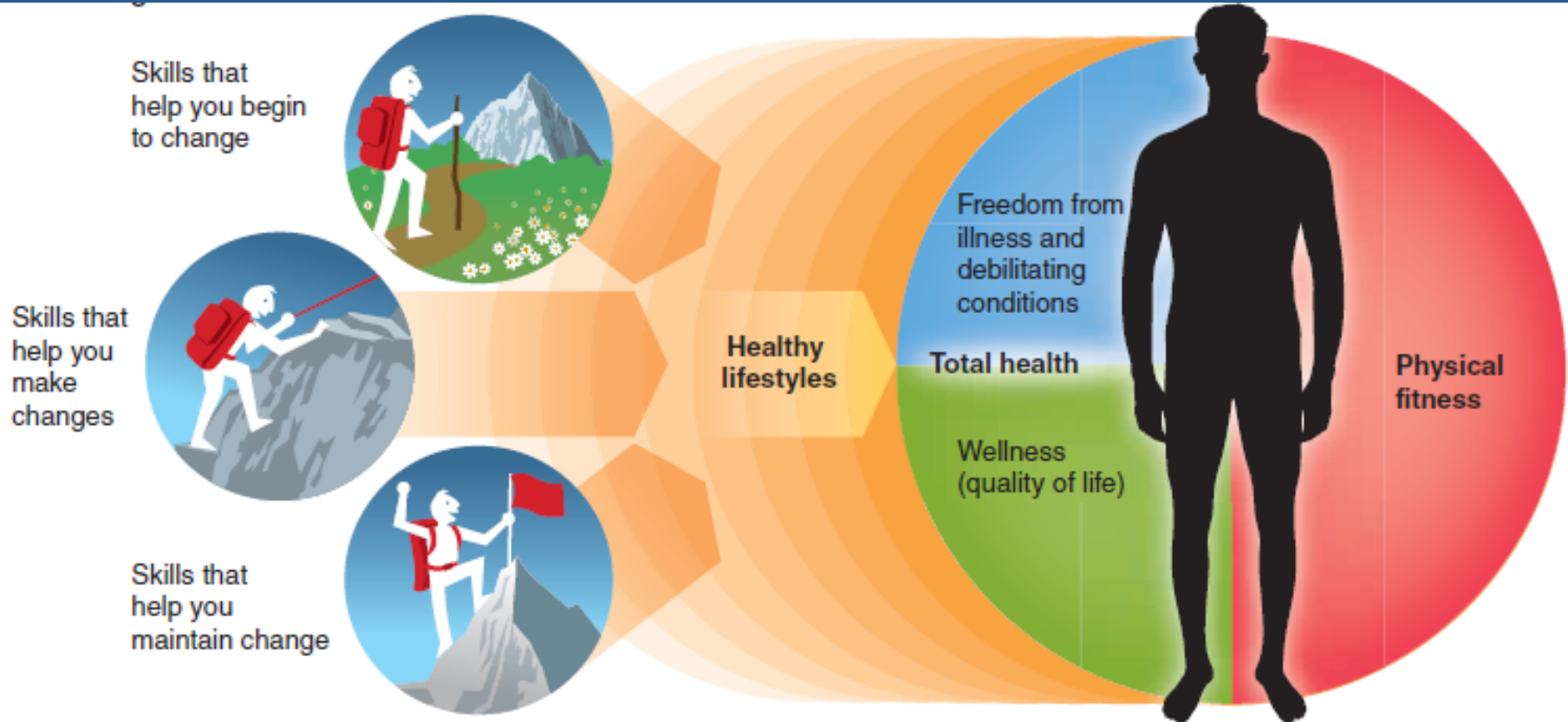
**Activator**  
I'm active, but  
not yet as active  
as I should be.



**Active exerciser**  
I'm regularly active  
and have been for  
some time!

Corbin & Le Masurier 2014

# SELF-MANAGEMENT SKILLS



# SELF-MANAGEMENT SKILLS

- ✓ self-assessment
- ✓ goal setting
- ✓ self-monitoring
- ✓ time-management
- ✓ finding social support
- ✓ overcoming barriers
- ✓ reducing risk factors
- ✓ building confidence



# STAIRWAY TO LIFETIME FITNESS

Level of Independence

Lifetime fitness

Lifetime physical activity

Level of Decision Making

Self-planning

Self-assessment of fitness and activity

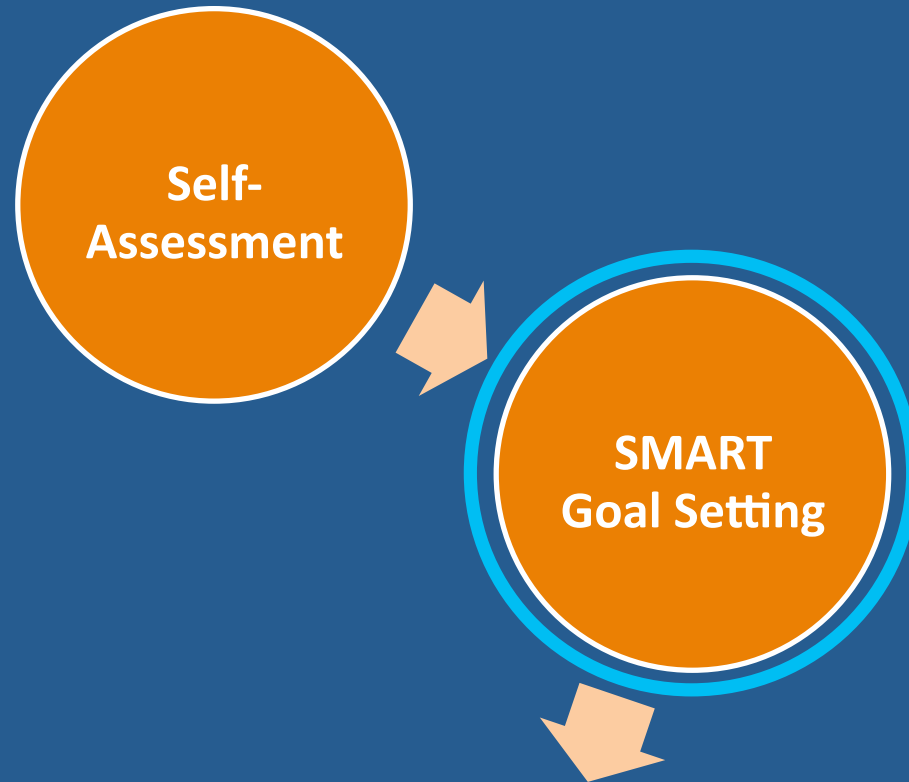
Level of Dependence

Getting fit

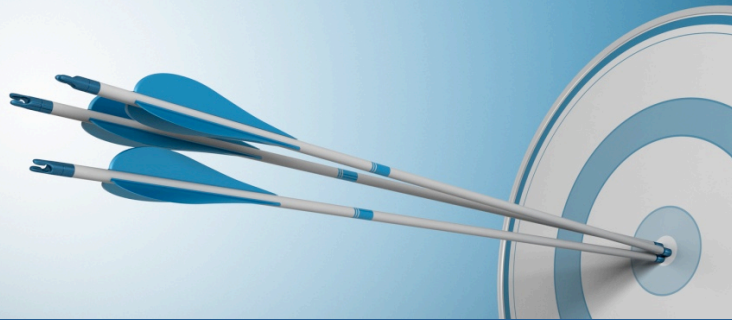
Doing activity and exercise

Corbin, 1979

# PERSONAL PROGRAM PLANNING



# GOAL SETTING

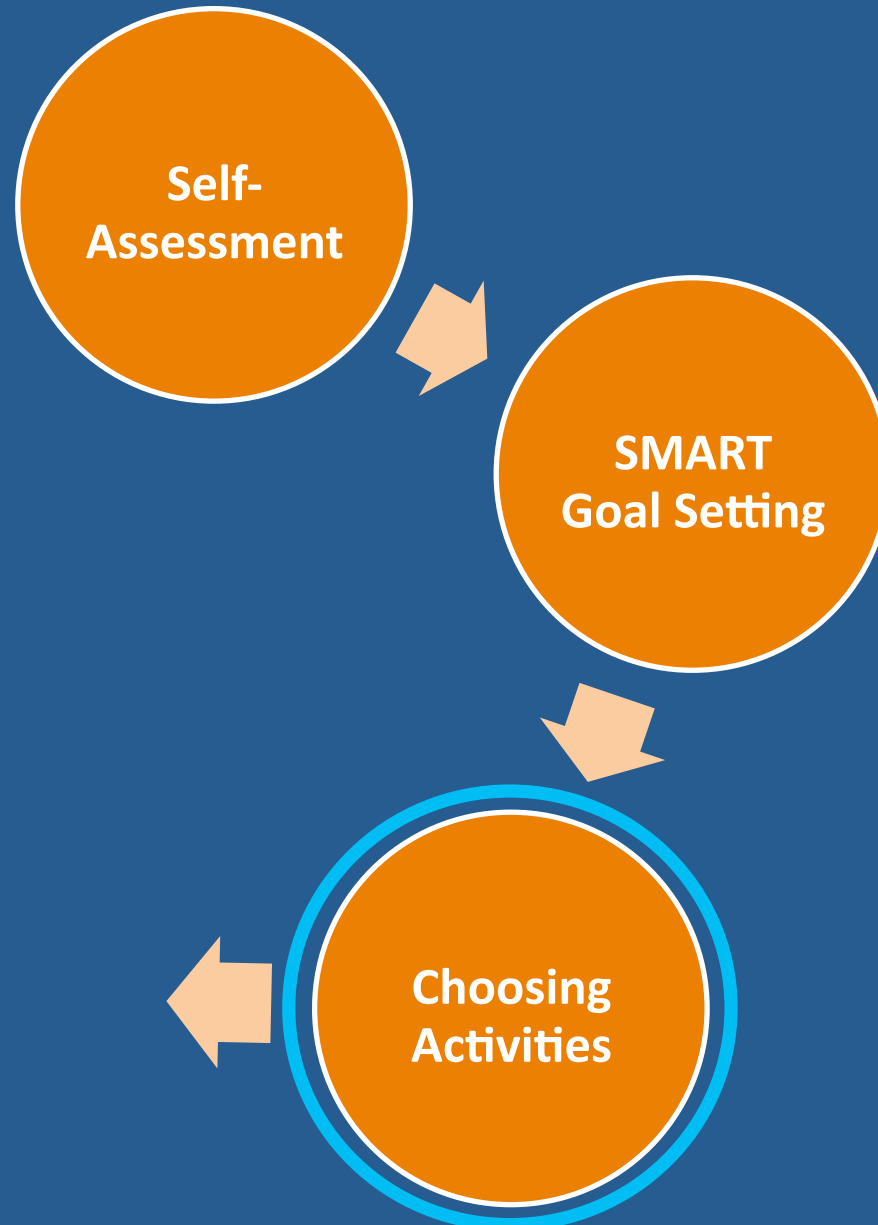


SMART

Process or product

Short- and long-term

# PERSONAL PROGRAM PLANNING



# CHOOSING ACTIVITIES

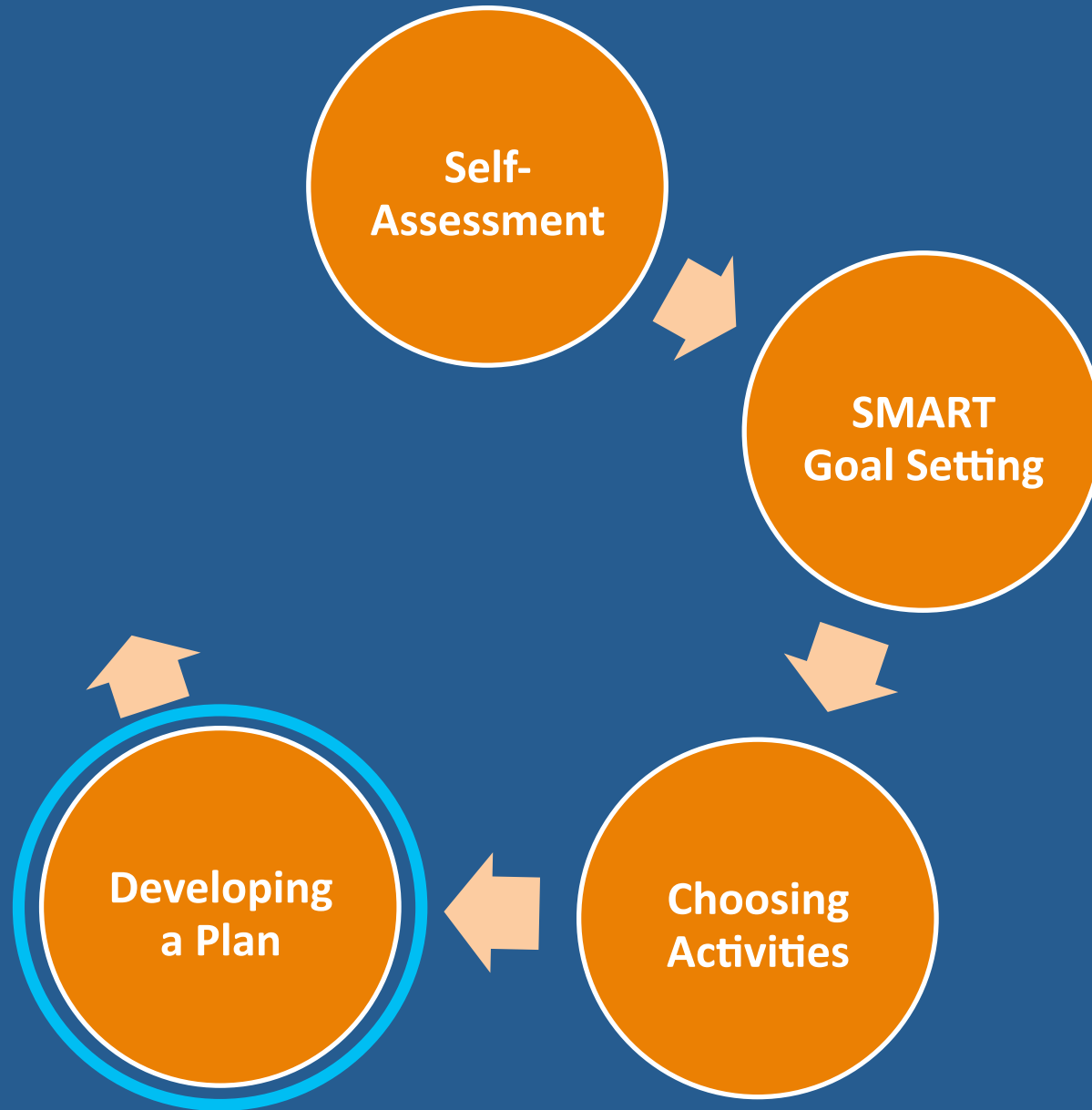


Attitudes

Physical skills

Environment

# PERSONAL PROGRAM PLANNING



# DEVELOP A PLAN

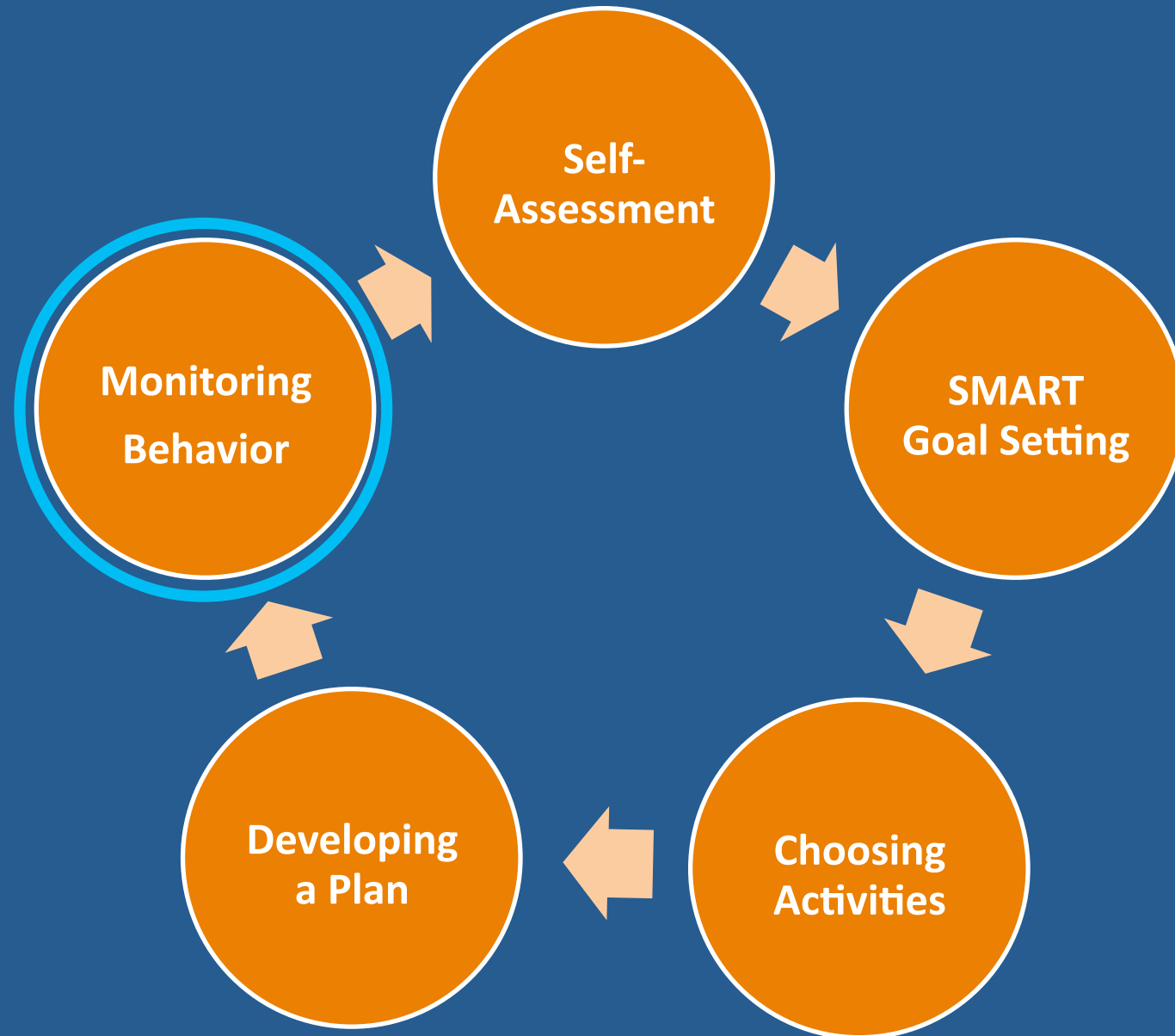


HRF Knowledge

Training principles

FITT formulae

# PERSONAL PROGRAM PLANNING





# MONITORING BEHAVIOR

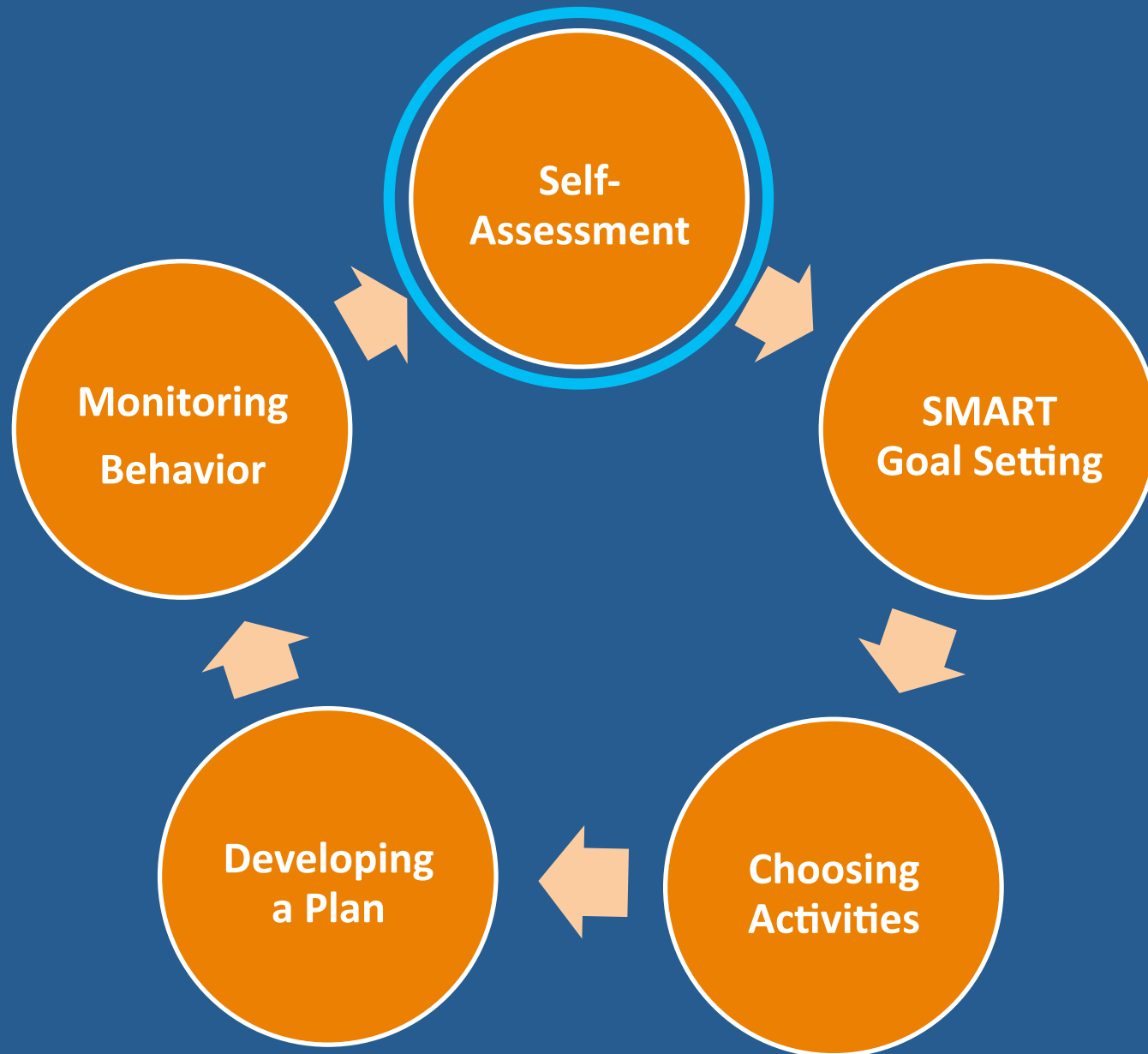


Logging activity

Blogs and Vlogs

Process goals

# PERSONAL PROGRAM PLANNING



# RE-ASSESSMENT



align with

**STANDARDS**

SHAPE America

Fitness Education



## STANDARD 3

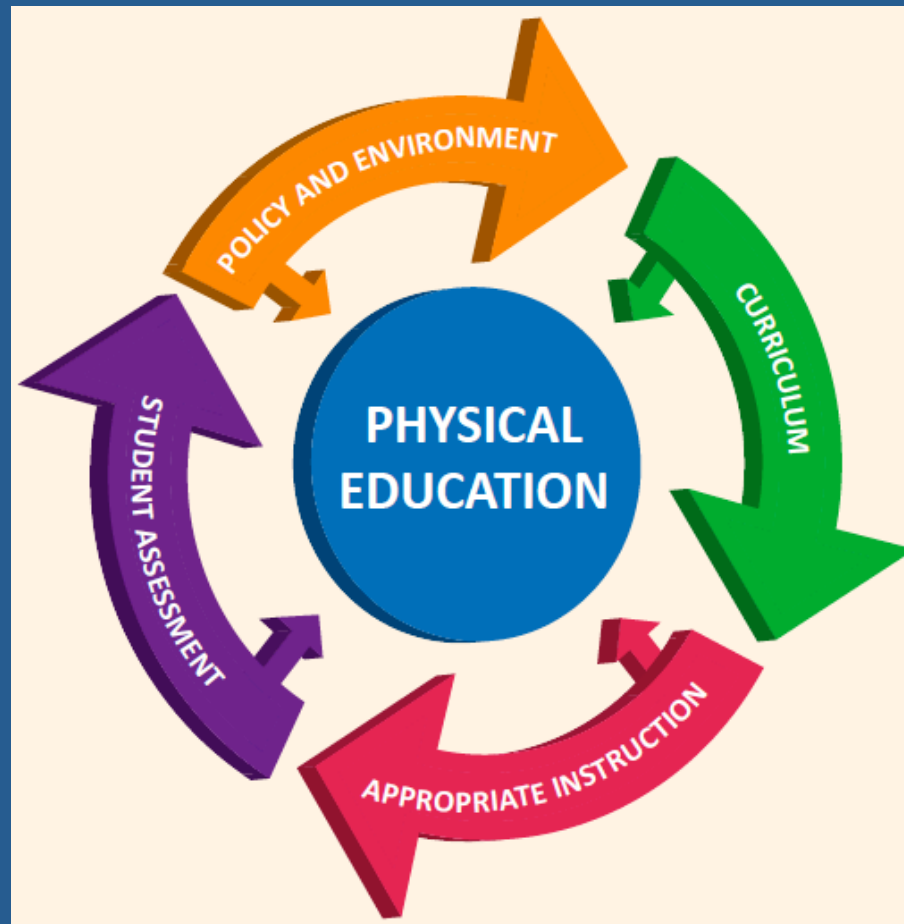
The physically literate individual demonstrates the knowledge and skills to **achieve and maintain** a health-enhancing level of PA and fitness

# EVIDENCE

## of student learning

- ✓ portfolios
- ✓ demonstrations
- ✓ projects
- ✓ knowledge tests

# ESSENTIAL COMPONENTS OF PE



fitness education

**BENEFITS**

profession



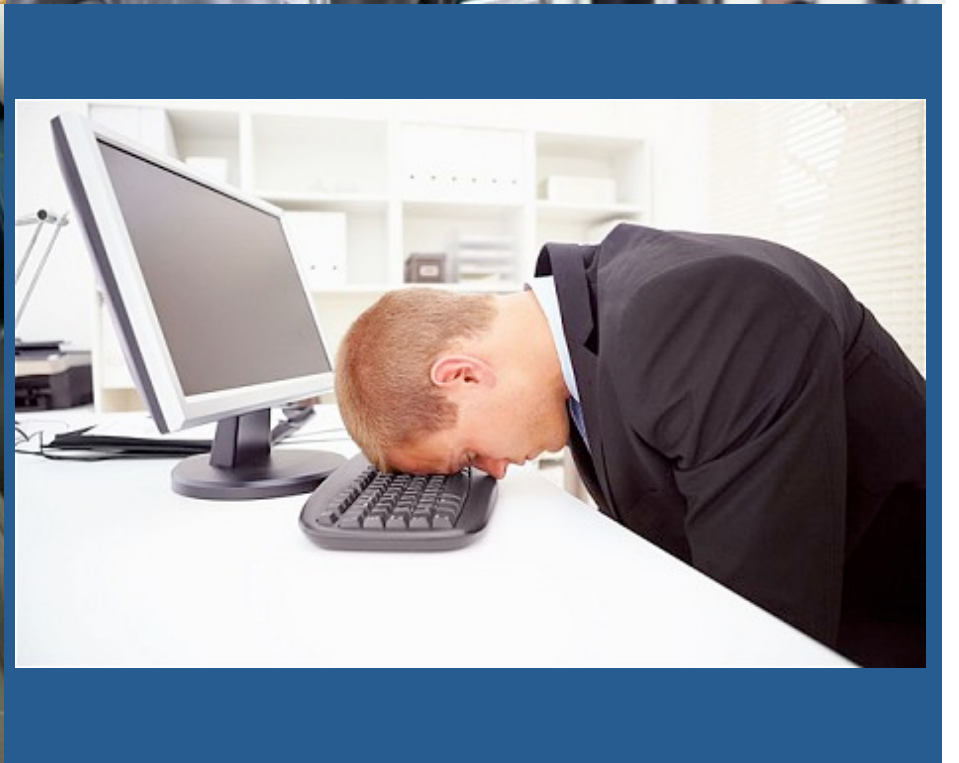
# teacher & program

PRIDE



your response is

**CRITICAL**



source: Google images

# KEY RESOURCES

Instructional framework for fitness education

Essential components of physical education

Fitness for Life ([fitnessforlife.org](http://fitnessforlife.org))

Corbin et al. *JOPERD*, 85(2), 2014 (youth physical fitness)

Allen et al. *JOPERD*, 85(5), 2014 (portfolios in PE)